

nordic smoothie.

The nutrition behind our mission

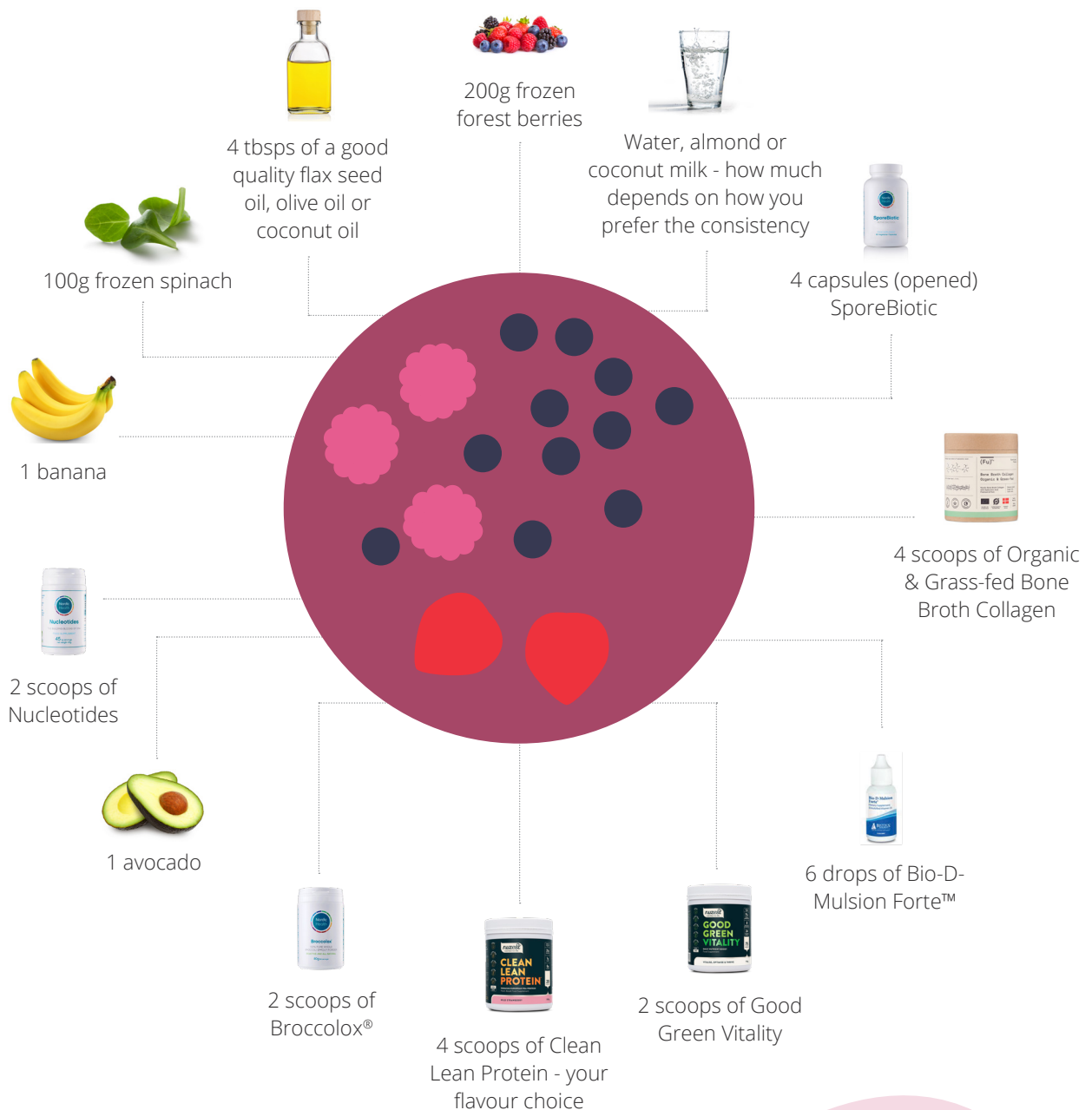
Our Nordic breakfast smoothie is somewhat legendary within Nordic Group. What started as a simple, easy-to-make daily nutritional base that we could recommend to our patients at Nordic Clinic, became the everyday breakfast in the family home of our founders, Chris and Anne Catherine. It has become well-known by many in the global functional medicine community who have benefitted from their hospitality over the years. The Nordic Smoothie is also a firm favourite in Nordic offices around the world. You could say that it powers all of our efforts on our mission to help nurture and support the global functional medicine community. So that's why we're sharing it with you.

Simple, easy nourishment.
Use it yourself. Pass it on.



Original Breakfast Smoothie

Ingredients: Serves 4



Method

Combine all the ingredients in a blender and blend until smooth. Serve in a glass or a bowl, perhaps with sprinkles of nuts, berries or oats. Enjoy!

Tip!

In Denmark we are fortunate to find lots of frozen vegetables in the supermarkets, even organic ones. If you cannot find this, make your own. Freezing veggies helps break down the cellulose, making the food easier to blend, as well as adding coldness for a greater organoleptic experience.

What's inside?

At Nordic Health we seek out high quality supplements that have been well-researched and formulated to meet the nutritional needs they are intended for. Our breakfast smoothie contains a mix of supplements that we think are particularly valuable for everyday nutrition and health.



Nuzest Clean Lean Protein

A premium pea protein in four flavours. We've used this in Nordic Clinic for a long time since the warm water extraction process means more of the protein is extracted from the pea than in other protein powders. This means less Lectin and greater digestibility so more of the amino acids find their way to where our bodies need them.



Nuzest Good Green Vitality

75 ingredients are chosen to provide bio available sources of the minerals, nutrients, enzymes, probiotics, plant extracts etc that our 12 body systems need each day. A powerful foundation for everyday nutrition. And it actually tastes pretty good as well.



Broccolox®

The health benefits of sulforaphane are becoming increasingly well known with emerging evidence of its role in detoxification, immune system boosting, cholesterol management and enzyme regulation. A 1g serve of Broccolox is equivalent to 12g of broccoli sprouts providing a rich daily source of this valuable nutrient.



Nucleotides

Nucleotides are the building blocks of our DNA and RNA. They are essential for cell renewal in cells with a rapid turnover such as gut lining cells, red blood cells, good gut bacteria and immune system cells. Nucleotides contains all 5 nucleotides (from the pyrimidine and purine groups) that are required for the formation of DNA and RNA.



Organic & Grass-fed Bone Broth

Organic & Grass-fed Bone Broth Collagen is sourced from free-range Nordic and grass-fed cattle from ecologically sustainable agriculture. The specially patented manufacturing process ensures a high content of protein, collagen, and essential amino acids in easily absorbed form while preserving the hyaluronic acid. Collagen is the most abundant protein in the body and makes up over a third of all tissue. This protein is a critical component of skin, hair, connective tissue, tendons, muscles, and more. The product is extremely digestible and is well tolerated.



SporeBiotic

SporeBiotic is a 100% spore-based, broad-spectrum probiotic clinically shown to maintain healthy gut barrier function. Because of their endospore coat, Bacillus spore probiotics are resilient probiotic strains that survive the low pH of the gastric barrier, allowing the entire dose of ingested bacteria to reach the intestines intact. Spores make a potent impact in the gut since the spore population in the gut is low enough that the 4 billion spores added each day through SporeBiotic will make a potent impact on the sensory systems in the gastrointestinal tract to create beneficial effects.

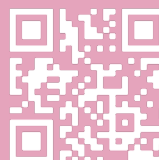


Bio-D-Mulsion Forte™

Vitamin D has multiple roles in the body, helping to maintain the health of bones and teeth, support the health of the immune system, brain, and nervous system. Vitamin D oil has been dispersed into microscopic particles to aid absorption and assimilation.

Find out more

For more information about these supplements or to order some for you or your clients go to www.nordichealthfood.com or scan the QR code.



Nordic Health®

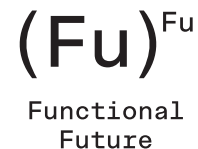
Nordic Health is committed to providing practitioners with the highest quality clinical grade supplements. All of our supplements are developed on the basis of:

- **Effectiveness:** demonstrable impact on nutritional health
- **Relevance:** supplements that support key biochemical pathways, enabling practitioners to make key interventions in patient health
- **Uniqueness:** unique approach to manufacturing or formulation
- **Bioavailability:** available in the most bioavailable form for patient health

Our training programmes regularly feature sessions from the scientists and formulators behind the supplements, further helping practitioners to better understand the role, efficacy and impact of each product. To find out more about our range and how you can best use them in your clinical practice, please get in touch.



Nordic Health® is part of the Nordic Group, intent on incorporating a functional medicine approach into modern health practice. Established over 25 years ago, this passion for health and sustainability is reflected in everything we do.



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